

OnThe  
Square  
VIRGINIA

ANYWHERE



**OnTheSquareVA ANYWHERE** is designed to get state employees up and moving, socializing and having fun. Activities may include walking clubs, a farmers market, game days, a scavenger hunt, picnics, a photo contest, and yoga or fitness training. Here are just a few ideas to get you started.



**FOOD EVENTS:** Why not plan a picnic or potluck? Ask your coworkers if they have a favorite dish they like to share and soon you will have enough for a group lunch. Or pick a different international destination each month and build your event around that theme.

**TRADITIONAL PICNIC GAMES** such as water balloon toss or a relay race while balancing a raw egg on a spoon.

**GAME DAYS:** Frisbees can be used in a variety of games such as Kan Jam. Corn Hole is easy to play and lends itself to team challenges. Badminton or volleyball can be set up relatively easily and can be a fun group activity.

**RUN AND WALK GROUPS:** Start a group that meets at the same time and place each week. Recruit leaders to map out a course or change it up for more adventure.

**GROUP EXERCISE:** Work with your CommonHealth agency or regional coordinator to help you find someone to teach a trial class at your site. Could be yoga, meditation, kick-boxing, or Zumba®.

**HEALTHY LIVING:** Is there a health and wellness topic you want to know more about? Design a Lunch & Learn program with invited speakers and coordinate with an event such as a farmers market.

For more information and ideas about creating your own events, go to the Anywhere page at [OnTheSquareVA.virginia.gov](http://OnTheSquareVA.virginia.gov). We're sure you can come up with plenty of good ideas to bring OnTheSquareVA ANYWHERE to your workplace. Brag a little and send us pictures on Twitter, Facebook or Instagram or post to your CommonHealth wellness site!

[OnTheSquareVA.virginia.gov](http://OnTheSquareVA.virginia.gov)



@OnTheSquareVA

